



Name of Project: Senior Services Project Enhance

Name of Organization: Senior Services of Seattle/King County
Seattle, Washington

Principle of Choices for Independence: Evidence-Based Prevention and Wellness

Description

Senior Services Project Enhance is a low-cost, evidence-based award-winning community health promotion program for seniors in Seattle/King County that has been replicated in over 100 sites around the country. Senior Services Project Enhance has two award-winning community based health programs:

Enhance Fitness is an exercise program for older adults at all levels of fitness. Based on solid research, it focuses on stretching, flexibility, balance, low impact aerobics and strength training – everything needed to maintain health and function. The target population is sedentary older adults wishing to maintain and/or to improve their physical function and to stay socially connected.

Enhance Wellness focuses on maintaining or increasing the health and functional status of community-based older adults with chronic conditions. It typically involves a motivational intervention team with a nurse and social worker working with the participant, in a community setting, to develop a personalized Health Action Plan.

Both of these programs are based on original research in 1994 at a senior center with volunteer participants in a control group and an intervention group. After six months, the intervention exercise group improved by 10%-30% in physical, emotional and social health scores while the control group deteriorated. Researchers tracked 201 disabled adult participants, age 70 or over, in the Enhance Wellness program in 1995-96. Results published in the Journal of the American Geriatrics Society showed improved ADL (activities of daily living) functioning and:

- 72% decrease in hospital days
- 35% decrease in psychoactive drugs
- 11% decrease in depression
- 18% decrease in physical inactivity

Extensive other research on the program has followed. Partners in Senior Services Project Enhance are the U.S. Administration on Aging, the Centers for Disease Control and Prevention, the University of Washington, Group Health Aging and Disability Services of Seattle/King County, the Robert Wood Johnson Foundation, the National Council on Aging and many others. Additional Senior Services Project Enhance programs are opening every day at senior centers, hospitals, assisted living facilities, and continuing care retirement communities.

For more information about Senior Services Project Enhance, please contact Susan Snyder at (206)448-5757 or by email at SusanS@seniorservices.org . The website for Senior Services Project Enhance is <http://www.projectenhance.org>

